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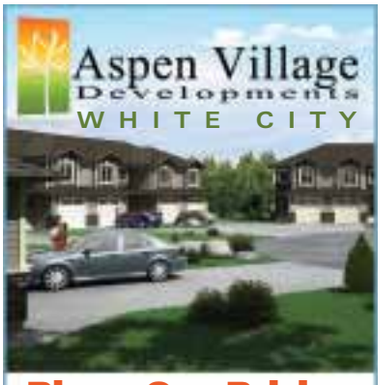
E-DATING 101

HOPING TO MEET YOUR MATCH ONLINE? IT'S NOT ROCKET SCIENCE — IT'S DATING SCIENCE PAGES 4 & 5

Mad about Marrakech

Go ahead and rock the casbah in this ancient Moroccan hub PAGE 12



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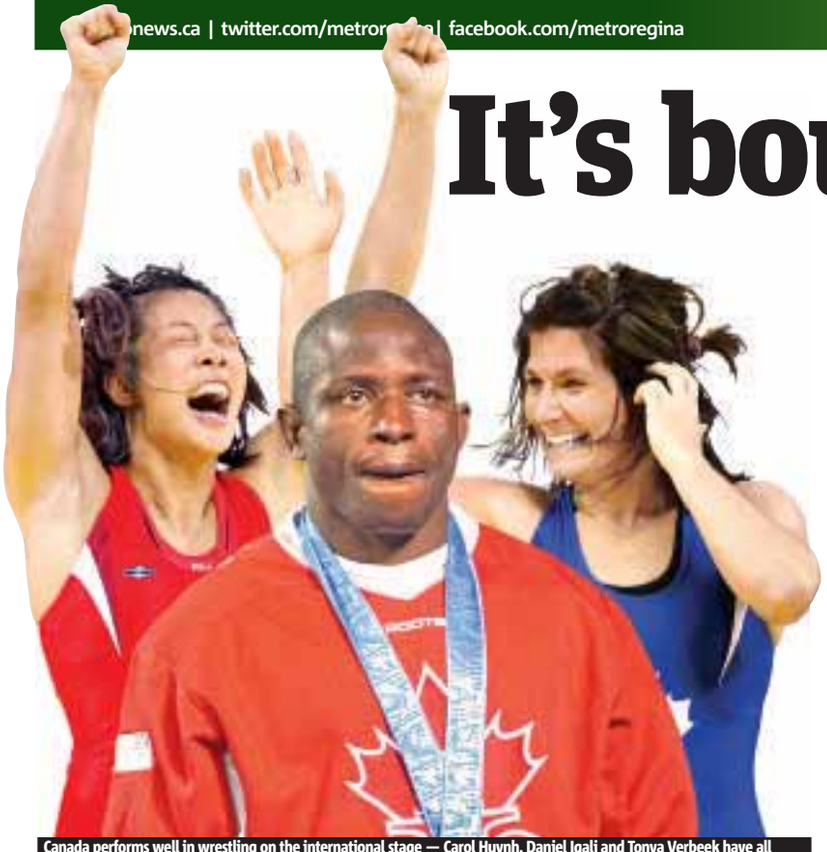

Canada performs well in wrestling on the international stage — Carol Huynh, Daniel Igali and Tonya Verbeek have all medalled at the Olympics. PAUL CHIASSON/THE CANADIAN PRESS, DAVID HENFELDER/THE ASSOCIATED PRESS; ILLUSTRATION BY DAVID VAN DYKE/METRO

Wrestlers have Olympic fight on their hands.

'We're combative people,' Wrestling Canada president says

JESSICA SMITH
Metro in Toronto

The international wrestling community is gearing up for a fight to keep the sport in the Olympics, launching a lobbying campaign no one knew was needed until Tuesday's surprise decision by the International Olympic Committee.

"We didn't even know we were on the chopping block," said Wrestling Canada president Don Ryan.

Canada performs well in wrestling, especially since women's wrestling became an Olympic sport in 2004. Daniel Igali won gold in 2000, as did Carol Huynh in 2008, who also won bronze in 2012. Tonya Verbeek won silver in 2004 and bronze in 2008 and 2012.

The IOC executive board announced it is recommending freestyle and Greco-Roman wrestling be dropped from the Olympic program, a decision that is set to be ratified in May.

"We're wrestling. We're combative people. We're going to pull our sleeves up and get to work on saving our sport for 2020," Ryan said.

If the decision is ratified, wrestling will join seven other sports — baseball/softball, karate, roller sports, sport climbing, squash, wakeboarding and wushu — to lobby for inclusion in the 2020 games.

Huynh, who won gold in Beijing, expressed her shock over Twitter: "Can't believe IOC is cutting wrestling! Huge blow to our sport all over the world."

The sport's governing body, the International Federation of Associated Wrestling Styles (FILA), was already scheduled to hold its bi-annual meeting in Phuket, Thailand, this weekend. It will now focus on the Olympic problem, Ryan said.

After the 2000 Olympics, FILA changed some rules in effort to make the sport more exciting. Rounds were shortened and scoring was simplified. At the upcoming meeting, FILA was to discuss encouraging "more high-action moves" and making scoring easier to understand, said Ryan.

Modern pentathlon and taekwondo were seen as more likely to be cut from the Olympics than wrestling. Asked about the lobbying efforts, sponsorships, power and money involved in those sports, Ryan said he hopes the IOC's decisions aren't made on that basis.

Gaining popularity

"With MMA, a lot of the top athletes, including Georges St. Pierre, have wrestling as a base, and a lot more kids are going out to get that wrestling background now."
Wrestling Canada president Don Ryan

While the IOC has not given a concrete reason for the decision, it claims it's based on a report that analyzes numerous factors, including television ratings, ticket sales, anti-doping policy and global participation, as well as popularity.

"This is a process of renewing and renovating the program for the Olympics," IOC spokesman Mark Adams said. "It's not a case of what's wrong with wrestling, it is what's right with the 25 core sports."

Ryan said wrestling's lobbying consists of presenting values of the sport, which includes its global representation from more than 180 countries, how it has sold out tickets to events in all of the Olympics since 1996, and that it is affordable.

WITH FILES FROM THE CANADIAN PRESS

MORE WRESTLING COVERAGE, PG. 15

Uphill climb for the NDP

The provincial party seeks revival as the four-way race for the next leader closes in on the finish line PAGE 2

Did ex-cop go up in flames?

America's most-wanted man is believed to have been in a cabin when it engulfed in flames during a standoff PAGE 3

Gone bad, and that's good

Emmy Rossum ditches her nice-girl act to play a deadly femme fatale in the movie Beautiful Creatures PAGE 9

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NEWS 1

Youthful NDP to face tough opponent in Premier Wall

Four-way race. Winner on March 9 will have to compete with popular Saskatchewan Party

JEFF MACKEY
jeff.mackey@metronews.ca

The election of the next leader of the Saskatchewan NDP is less than a month away.

The four-way race, between Trent Wotherspoon, Erin Weir, Cam Broten and Ryan Meili, will be coming to a head on March 9 when Saskatchewan NDP members will elect their new leader.

What is still unknown, however, is whether any of these candidates could compete with the popularity of Premier Brad Wall and the Saskatchewan Party in a general election.

"You've got four candidates vying for leadership who are all under 40 and that is not an accident," said Charles Smith, assistant professor of political studies at St. Thomas More College, University of Saskatchewan. "I think that is about people trying to revive a party that had grown stale."

In 2011's provincial election the NDP lost more than half its seats in a wave of support for the Saskatchewan Party. Then-NDP leader Dwain Lingenfelter was unable to win his own seat and as a result resigned his leadership.

"If you look at Premier Wall's popularity — that is a pretty tough mountain to climb," said Smith. "The challenge for the (NDP) party is that they are going to need to define their new leader; they can't let the Sask. Party define their leader in the eyes of the public."

NDP interim leader John Nilson says he is impressed by the momentum the race is gaining as it enters its final leg.

"I think people in Saskatchewan are ready for a government that makes sure our good economy is shared by everyone," said Nilson. "I think that theme has come through in the leadership campaign."

Erin Weir, left, Ryan Meili, Trent Wotherspoon and Cam Broten are all smiles at a candidates debate in Melfort. The four candidates are all under the age of 40. BRIAN SKLAR/CONTRIBUTED

'Above normal' level of runoff water expected

A woman prepares to manoeuvre around a puddle in Saskatoon on Tuesday afternoon. The provincial government said after heavy amounts of winter precipitation it's expecting higher than normal amounts of runoff this coming spring. MORGAN MODJESKI/METRO IN SASKATOON

It could be a sloppy spring for parts of Saskatchewan.

The Saskatchewan Water Security Agency (WSA) says heavy snowfalls over the winter will result in "an above normal" level of runoff water in spring 2013.

Patrick Boyle, a spokesperson with the WSA, explained that although it's too early to tell how individual streams and communities will be affected by the higher than normal numbers, the snow-water equivalent — which is the amount of water produced if the snow were to melt — is 150 per cent to 200 per cent higher than normal.

"It really depends on a number of factors moving forward, like the snow accumulation for the rest of winter, the rate of melt in the spring and the amount of rainfall in the spring during the runoff," said Boyle. However, he said some areas between Prince Albert and Saskatoon along with areas between Moose Jaw and Yorkton have potential for runoff much higher than normal.

John Paul Cragg, warning preparedness meteorologist with Environment Canada, said the coming spring is expected to bring normal temperatures to the province, but noted a lot can happen over the next three months.

"It's a really tough question, whether or not it will be a warm spring in a way that will cause issues with flooding," said Cragg.

"Looking at the forecast for February, we're looking at temperature being above normal to the near normal mark and March can still be cold ... so it's still up in the air (over) what spring is going to be," he said.

MORGAN MODJESKI/METRO IN SASKATOON

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Patrick Brazeau. Senator shows up for work in time to be put on forced leave

Senators have voted to force Sen. Patrick Brazeau, who is facing criminal charges, to take a leave of absence.

The Conservative motion passed Tuesday "to protect the dignity and reputation of the Senate and the public trust and confidence in Parliament."

Brazeau, 38, made a surprise appearance just prior to the vote, which also gave a Senate committee the power to cut off access to his expense account.

Brazeau, who is currently free on bail, has been charged with assault and sexual assault.

If convicted, he could either be suspended or expelled by the Senate or he could choose to resign.

Brazeau was charged on the very day a Senate committee declared it would call in auditors to review his housing expenses. THE CANADIAN PRESS

Anti-Senate

32%

A Canadian Press/Harris Decima poll says 32 per cent of respondents feel the Senate should be abolished.

Sen. Patrick Brazeau leaves a vote in which he was forced to take a leave of absence by the Senate chamber. ADRIAN WYLD/THE CANADIAN PRESS

Wanted ex-cop believed to have died in burning cabin

California. Deputy killed in latest shootout with man thought to be Christopher Dorner

The man believed to be fugitive ex-cop Christopher Dorner never came out of a California mountain cabin and a single shot was heard inside before the cabin was engulfed in flames, a law enforcement official told The Associated Press.

The official requested anonymity because of the ongoing investigation.

A fourth person — a deputy — died earlier in the latest confrontation with America's most-wanted man, which seemed to be coming to an end.

Officials were waiting for the fire to burn out before approaching to search for a body.

Wasn't yet identified

"We have reason to believe that it is him."

Bernardino County sheriff's spokeswoman Cynthia Bachman on the person inside the blazing cabin.

The cabin in Big Bear, Calif., where ex-Los Angeles police officer Christopher Dorner was believed to have barricaded himself, burns unopposed on Tuesday. KABC-TV/THE ASSOCIATED PRESS

The cabin was ablaze in the late afternoon after police surrounded it in the snowy woods of Big Bear, a resort town about 128 kilometres east of Los Angeles.

Bachman didn't say how the fire started but noted there was gunfire between the person in the cabin and law enforcement officers around the home before the blaze began.

Two San Bernardino County deputies were shot. One died and the other was expected to live after undergoing surgery.

TV helicopters showed the fire burning freely with no apparent effort to extinguish it.

Authorities have focused their hunt for Dorner there since they said he launched a campaign to exact revenge against the Los Angeles Police Department for his firing. THE ASSOCIATED PRESS

KEYS TO E-DATING SUCCESS: HOW TO SHINE ONLINE

If you do decide to find romance on the Net, keep these tips in mind to create a winning dating-site profile

Relationship. Establish the type of relationship you are looking for. Are you looking for a fling, casual dating or a potential long-term relationship? After you establish a clear goal, it will be easier to find an online dating service that suits your needs.

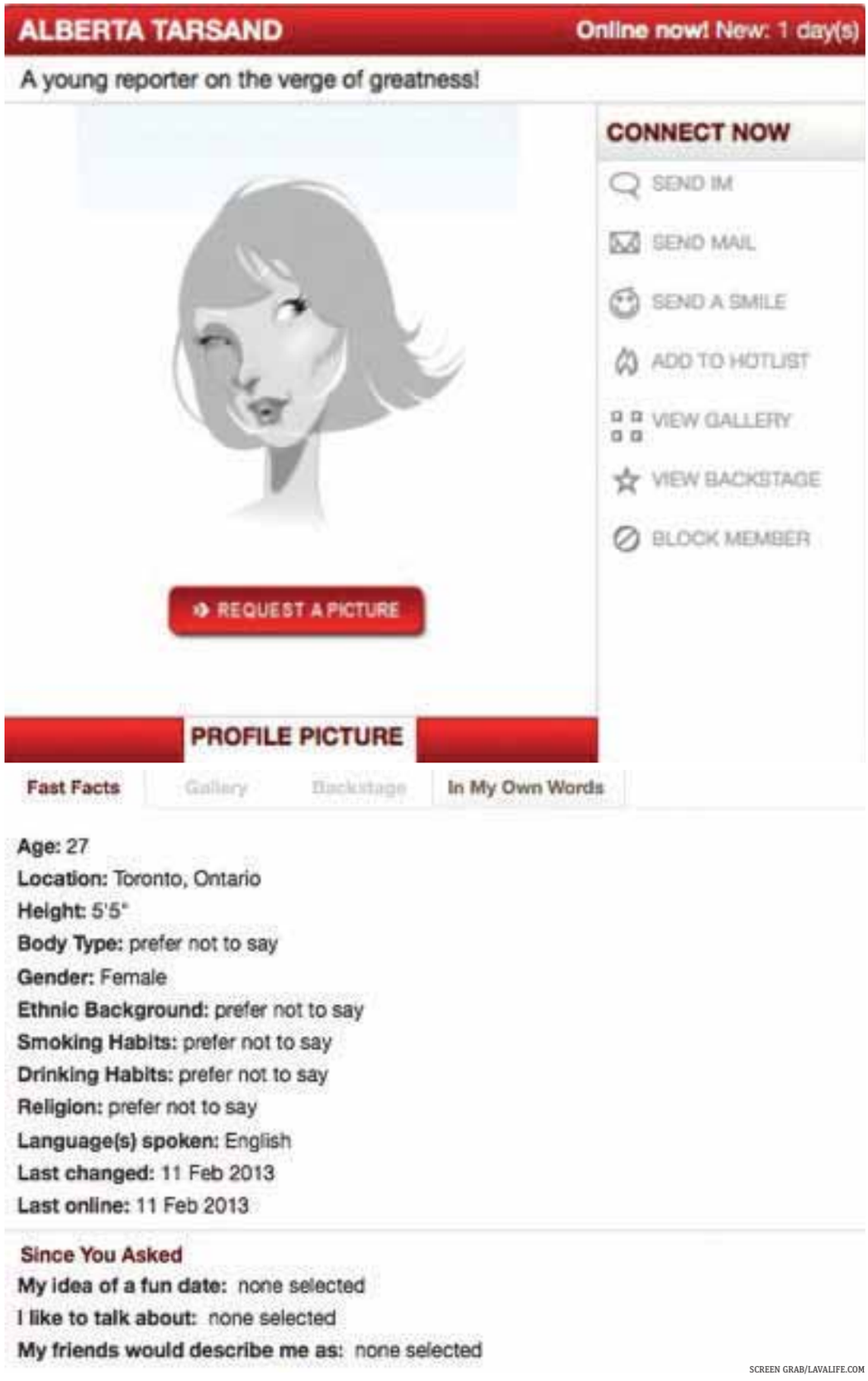
Profile name. Depending on the type of online-dating website you sign up for, your username should indicate you are serious about meeting people. Avoid names with numbers or "xx." Just your first name should suffice if you are wary about using your full name.

Profile photo. Pick a recent photo that shows your true self (not super drunk, not dressed for the clubs and no bikini shots). The most important part is to look confident and happy without trying too hard, and you will attract positive suitors.

Personal facts. Be honest in your profile, especially when it comes to age, body type, whether you smoke or drink and if you have kids. You wouldn't want the people you meet online to lie about who they are, right?

About me. Your description should be brief, but make it stand out. Try not to sound too cliché but do take this part of the profile to talk about who you are and why you're trying online dating. Are you too busy with work to go out to the clubs every weekend but are looking to meet someone worth your time?

Interests. Describe your idea of a perfect first date, as this will give an indication of what you like to do for fun. Describe something that sounds engaging and interactive, such as hanging out in a board-game café or playing a round of miniature golf.



LAURIE CALLSEN/METRO IN EDMONTON

SCREEN GRAB/LAVALIFE.COM

Both paid and free dating websites have their positives and negatives, experts say. SCREEN GRAB/OKCUPID.COM, LAVALIFE.COM, PLENTYOFFISH.COM, EHARMONY.CA

Should you pay to play the dating game?

Where to go. Paid and free sites tend to attract different types of clients with different sets of priorities, experts say

RYAN TUMILTY
Metro in Edmonton

When preparing to jump into the online dating universe, is it better to jump in with just your heart or with your wallet as well?

As online dating sites have cropped up, some have opened their doors to members free of charge, while others have monthly subscriptions for those looking for love.

Kimberly Moffit, Match.com's relationship insider, argues that paid sites are there for more committed individuals who are interested in serious relationships.

"It just distinguishes the people who are willing to put the investment in and those who aren't," said Moffit. "They are ready to make an investment in their love life."

Moffit argues that any online dating is a good thing, but people on paid sites are more likely to be taking their search seriously.

"They are more likely looking for some of the same things you are," she said.

Quoted

"(Paying for a site) just distinguishes the people who are willing to put the investment in and those who aren't." Kimberly Moffit, Match.com's relationship insider

Christine Hart, a Toronto-based dating coach, said both types of sites have advantages, but free sites tend to attract a different type of prospective dater.

"If they are going to go on the free sites, then they need to be prepared to put in a lot more time sifting through, because the free sites attract people with all levels of goals," she said.

Part of the benefit of paid dating sites is that they attract fewer people, she added.

"You can spend twice as much time sifting through profiles on the free dating sites," she said.

Julie Spira, author of the book The Perils of Cyber-Dating, said she and her clients see benefits to both types of sites.

"It is very common for someone to pick a paid site, and then they will also pick a free site."

She said free sites attract huge numbers of people, which can be appealing simply for the sheer quantity of prospective partners.

"Because they are free ... they have huge critical mass," she said.

Spira said clients who pay for a dating site tend to pay more attention to the service.

"I find that a lot of them log into their paid sites more often because they are invested," she said.

Exclusively online

For all our stories on online dating, including infographics, video and more, go to metronews.ca

Part 3 of 3

MONDAY
Is traditional dating dead?

YESTERDAY
The rise of the e-dating jungle

TODAY
E-dating success: How to shine online

Stay safe. Don't let your heart get you in trouble online: Cops

While the new online dating world is full of opportunities, it can also be full of peril.

Police have noticed that the excitement that comes with online romance can attract the wrong type of people — those who may cause physical or financial harm.

Acting Sgt. Kathy Macdonald with the Calgary Police Service said new relationships sometimes prevent people from seeing the bigger picture.

"When people get wrapped up in a relationship, they can't see what's going on," she said.

Macdonald said fraud artists using online dating sites can go after many potential victims in just one day.

"They will often get a hold of a lot of people at the same time," she said.

According to Macdonald, scam artists often approach someone and strike up a conversation before claiming to have run into sudden and unexplained financial difficulties.

She said if they receive money from their victims, new problems will emerge, and there will be more requests for help.

Macdonald said there could also be physical dangers and she cautions people to take things slowly in the early days of a new relationship.

"Listen to your intuition and be aware of your surroundings," she advised.

Macdonald said making the first date a group meeting is a good idea, but it's essential that it be in a public place and that you tell people where you're going.

"Really, you don't know that person; you don't know who is going to show up."

RYAN TUMILTY/METRO IN EDMONTON

E-Bytes: Five free iPhone apps for tech-savvy couples

- **Couple App.** Couple is like Facebook, but it can only be shared by two people. You can send messages, chat via Facetime, share photos and video, create moments via doodles and track important dates and tasks. There's also a "Thinking of you" button when that's all you want to say.

- **Avocado App.** Like Couple, Avocado is shared with only one special person. You can send private messages, track milestones together and share them on Twitter as a pair and even send virtual hugs and kisses so you're never too far away from your sweetheart.

- **Tokii App.** Tokii helps you get in touch with your partner's feelings. You can send each other notes starting with "I feel" or "You're making me feel." The app aims to keep couples engaged and aware of one another's moods by providing interactive games and relationship advice, which can take your relationship to the next level.

- **Wunderlist 2.** Although not exclusively for couples, nothing is more annoying than your partner forgetting to pick up the dry-cleaning or something at the grocery store. Wunderlist 2 helps couples plan, share and keep track of tasks and even plan vacations together. It's able to sync the lists across all the devices you are using.

- **Between App.** Between is a private-messaging space that lets you and your partner create a chronological timeline tracking the special moments in your relationship. You can bookmark your favourite memories, such as photos and messages, and store them in a Memory Box, as well as find date-night deals via the Event Box.

State of the Union.
Speech reflects Obama's war command shake-up

U.S. President Barack Obama said Tuesday he will bring home within a year about half of the 66,000 troops now in Afghanistan, shrinking the force to the size he found it when he entered the White House vowing to reinvigorate a stalemated war.

More will leave the battlefield in 2014, he said, but he did not spell out what U.S. military presence would remain after 2014, when the U.S.-led combat mission is scheduled to end. The stated goal is to prepare Afghanistan's army and police to handle the Taliban insurgency largely on their own by then.

Obama said that his war goals could be achieved by bringing 34,000 U.S. troops home by this time next year, leaving somewhere between 32,000 and 34,000 to support and train Afghan forces.

Without going into specifics, Obama said the phase-out of American combat troops in Afghanistan will continue in 2014. "This drawdown will continue. And by the end of next year, our war in Afghanistan will be over," he said, adding that al-Qaida is no longer the threat it was on Sept. 11, 2001.

THE ASSOCIATED PRESS

U.S. President Barack Obama gestures toward Vice-President Joe Biden and House Speaker John Boehner before his speech. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Obama: 'Nuclear tests do not make North Korea more secure'

A South Korean protester shouts slogans during an anti-North Korea rally following the report of a nuclear test conducted by North Korea.

LEE JIN-MAN/THE ASSOCIATED PRESS

Unbridled threat.
International community decries atomic testing that could lead to the development of a missile-bomb powerful enough to hit the U.S.

Defying U.N. warnings, North Korea conducted its third nuclear test in the remote, snowy northeast on Tuesday, taking a crucial step toward its goal of building a bomb small enough to be fitted on a missile capable of striking the United States.

North Korea said the atomic test was merely its "first response" to what it called U.S. threats and said it will continue with unspecified "second and third measures of greater intensity" if Washington maintains its hostility.

The underground test, which set off powerful seismic waves, drew immediate condemnation from Washington, the U.N. and others. Even its only major ally, China, summoned the North's ambassador for a dressing-down.

President Barack Obama, who gave a State of the Union address later Tuesday, said nuclear tests "do not make North Korea more secure." Instead, North Korea has "increasingly isolated and impoverished its people through its ill-advised pursuit of weapons of mass destruction," he said in a statement.

But the Obama administration's options for a response are limited, and a U.S. military strike is highly unlikely.

In an emergency session, the U.N. Security Council unanimously said the test poses "a clear threat to international peace and security" and pledged further action.

THE ASSOCIATED PRESS

Quoted

"(North Korea has) increasingly isolated and impoverished its people through its ill-advised pursuit of weapons of mass destruction."

Barack Obama

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Multinationals not paying their fair share: OECD

Fat cat tax. Global forum report claims lenient taxes create competitive disadvantage

The Organization for Economic Co-operation and Development says large multinationals are using legal loopholes to avoid paying their fair share of taxes and that global solutions are needed to combat the problem.

The OECD report says many rules designed to protect multinational corporations from being double-taxed go too far and sometimes allow them to pay no taxes at all.

It says such rules do not properly reflect today's economic integration across borders, the value of intellectual property or new communications technologies.

The G20 countries commissioned the OECD study, which was released Tuesday ahead of a weekend meeting of finance ministers and central bankers from 20 of the world's leading economies.

The OECD says the gaps that enable multinationals to eliminate or reduce their taxation give them an unfair competitive advantage over smaller businesses.

That hurts investment, growth and employment and can leave average citizens footing a larger chunk of the tax bill, the OECD says.

"These strategies, though technically legal, erode the tax base of many countries and threaten the stability of the international tax system," OECD Secretary General Angel Gurria said Tuesday in releasing the study.

"As governments and their citizens are struggling to make ends meet, it is critical that all taxpayers — private and corporate — pay their fair amount of taxes and trust the international tax system is transparent." THE CANADIAN PRESS

Market Minute

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MANY HANDS MAKE LIGHT WORK

When Bryan Bosley called in to sponsor a child through World Vision in 1990, he could not have predicted that, by 2013, he would have played a role in changing the lives of eight children around the world, or that he would have travelled to Rwanda and visited two of them.

The computer consultant and father of two from Buena Vista, Sask., took the initial step to sponsor a child after seeing a World Vision TV advertisement because he "just wanted to do something to help," but his 23 years of support for World Vision has been sustained by an increasing knowledge of the organization's work with real children in real communities.

"I always got a lot of questions from family and friends — 'How do you know the money is going there?'" Bosley says. So, in 2009, he decided to take part in Destination Life Change — a volunteer program through which sponsors can experience World Vision's work first-hand. In Rwanda, he had the opportunity to meet Raissa and Janvier, two of his own sponsored children.

"All of the kids we visited, including my sponsored children, not one asked us, 'What did you bring for me?'

"The only question any of them asked us was, 'When is my sponsor going to come and visit me?' A visit meant more to them than anything we could have given to them. Not every sponsor is going to be able to do that, but just to see that connection when they get their letters is quite a sight."

Bryan Bosley meets Raissa, one of his sponsored children, in Rwanda.

CONTRIBUTED

When asked what has given him confidence to sponsor through World Vision for more than two decades, Bosley says, "Understanding that World Vision is not just there to give handouts, but helps the community to be self-sufficient, solidifies my trust. When you understand that part of it, and then you get to see it, and see some communities move that way, it really puts the pieces together. It's not giving people fish, it's teaching them how to fish and that's an exciting piece."

With World Vision's recently launched Just One Child in mind, Bosley says, "Many hands make light work. I know in Saskatchewan we're known for helping out when there is a need. With child sponsorship, this is a longer-term deal that will pay off for years — take the first step, sponsor a child and see where it takes you."

WILL BENEDICT GET TO KEEP HIS POPEMOBILE?

JUST SAYIN'
Paul Sullivan
metronews.ca

The Pope can't retire, can he?

I was under the impression that he had to stick it out to the bitter end, like poor old John Paul II, who endured two assassination attempts, Parkinson's, a number of cancer scares and a tracheotomy, finally expiring close to his 85th birthday after 25 years on the Papal Throne.

But Benedict the XVI isn't waiting for Heaven to call, announcing, in Latin no less (which adds the kind of gravity only a dead language can deliver), that he's gone at the end of the month.

Seeing as a pope hasn't resigned since 1415, no one is quite sure what to think or do. I mean, who wants to be the pope when there already is one, albeit retired, looking over your shoulder? It's hard enough being infallible; try it when there's a former incumbent with 20-20 hindsight (even more infallible) kicking around.

Big shoes to fill

Seeing as a pope hasn't resigned since 1415, no one is quite sure what to think or do. I mean, who wants to be the pope when there already is one, albeit retired, looking over your shoulder?

Along with how can you go from being infallible to inactive, Benedict's announcement prompts numerous questions.

For instance, will they set up a retirement wing at Castel Gandolfo, the Pope's summer retreat, complete with a putting green where the retired pontiff can play a little golfo?

Does he have to give back the Shoes of the Fisherman? Or does the new pope get to shop for new shoes?

How about the Keys to the Kingdom? Does he have to hand them in to the Swiss Guards at the end of his shift on Feb. 28?

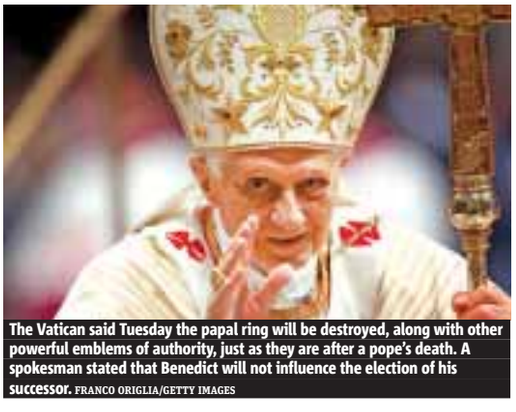
Ex-presidents get to keep their secret security details; does a retired prelate get to keep the Popemobile so he can tool around Rome in relative comfort and security?

What do we call a former pope? Your Former Holiness? Is he still holy, or is there only enough holiness for one pope at a time?

Benedict is more than a little conservative — and more than a little cranky. So the College of Cardinals is going to have to take that into account when anointing the next Pope. How can they pick a big (literally) liberal like John XXIII when Benedict is still around, quick to observe that they'd never get away with that when HE was Il Papa?

Still, Benedict's timing is almost infallible. The papacy is in real need of a refresh. Along with the usual threats from sex, drugs and rock 'n' roll, Roman Catholicism has been rocked by a series of unholy scandals, some of them involving the Vatican (the, er, butler did it). A new, progressive pope could go a long way in recapturing the spiritual high ground.

Let's hope that whoever he is, he's ready to shop for a new pair of shoes.



The Vatican said Tuesday the papal ring will be destroyed, along with other powerful emblems of authority, just as they are after a pope's death. A spokesman stated that Benedict will not influence the election of his successor. FRANCO ORIGLIA/GETTY IMAGES

Unlikely bedfellows bunk up

LENNY IGNELZI/THE ASSOCIATED PRESS

San Diego Zoo

Cheetahs make dogs companions

It may sound like a doomed love story, but some dogs love big cats.

Cheetahs are the fastest mammals in the world, but they also are the world's biggest scaredy-cats — so much so that they don't breed easily and are in danger of extinction.

Some zoos are introducing "companion dogs" to serve as playmates and to provide the cats with an example.

THE ASSOCIATED PRESS

Dinner time

"In this relationship, the dog is dominant, but we look for dogs that want to be a buddy ... Dogs worry about their cats. They protect their cats."

Janet Rose-Hinostroza, animal training supervisor at the San Diego Zoo Safari Park

Rose-Hinostroza said that because the dogs are the dominant animal in the relationship, mealtimes are always spent apart. The dogs eat kibble, and the cheetahs eat steak. "If they ate together there would be one really fat dog and a really skinny cheetah," she said.

Endangered species

Population drops over 100 years

A century ago there were 100,000 cheetahs in the wild, said Jack Grisham, vice-president of animal collections at the St. Louis Zoo. Today there are fewer than 12,000. The species has become extinct in at least 13 countries. There are about 280 captive cheetahs in zoos across the U.S.

As efforts to save the species continue, Grisham worries there is no wild to send them home to because habitat is being swallowed up by developers. THE ASSOCIATED PRESS

Quick like a cheetah

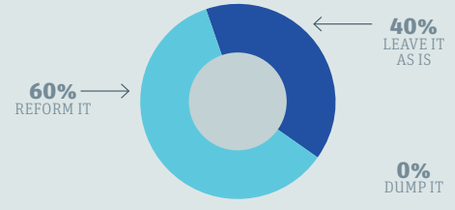
3.4

A cheetah's claws don't retract, so they have footing that takes them from zero to 96 kilometres per hour in 3.4 seconds.
Cheetahs use their tails like a rotor to balance while they are running. Their top speed is 100 kilometres an hour based on size, but they can run that fast only for 20 or 30 seconds. Extending that to a minute or more can be lethal.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What should Canada do with the Senate?



Twitter

@AmberMCurtis: Definitely saw what appears to be snooky and flava flave at the #yqr airport this morning. Hot pink onzie and 2 cats to boot

@01Kirk: Now for the biggest match of all time, wrestling vs IOC! #SaveOlympicWrestling

@RantingChipmunk: Is anyone else @ #yqr sick of gas stations trying to charge us for air for our tires? Thanks Co-op for completely FREE tire air.

@Keith_Rey: Not sure what to think about transporting #yqr recycling 20 km or more to the #GTH. #yqrcc

@GrantBiebrick: If the IOC drops Olympic Wrestling, can they add WWE style? Want to see someone get clocked with a torch. Now THAT would be medal-worthy

metro
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Beautiful franchise?

Finding the next cash cow

IN FOCUS
Richard Crouse
scene@metronews.ca

Film studio executives are always on the lookout for properties that can be spun into profitable movie franchises.

And for good reason.

Following an interesting set of characters over the course of multiple movies can be a cash cow. The James Bond movies have earned more than $6 billion, while Harry, Ron and Hermione have raked in almost $8 billion since their series debut in 2001.

This weekend producers are hoping to kick off the Beautiful Creatures franchise. The supernatural romance has Twilight-ish overtones, a cast that mixes new stars like Emmy Rossum with established faces like Viola Davis and Emma Thompson, and the kind of good versus evil tale that propelled Harry Potter to the upper echelons of the box office.

But not all movies catch on with audiences in the way that the super spy and wizard have.

I Am Number Four, starring Alex Pettyfer and Glee's Dianna Agron, fizzled. Rotten Tomatoes said, "familiar plot and unconvincing performances add up to one noisy, derivative and ultimately forgettable sci-fi thriller."

With sales of more than 60 million copies, the book series Lemony Snicket's A Series of Unfortunate Events seemed to have natural franchise possibilities. With 13 books in the collection there's source material galore, but even though the Jim Carrey movie did well no sequels emerged.

Emmy Rossum stars in Beautiful Creatures. CONTRIBUTED

Good girl gone bad

Emmy Rossum.
Actress ditches 'nice girl' roles to play deadly siren in Beautiful Creatures

NED EHRBAR
Metro World News in Hollywood

Actress and singer Emmy Rossum is tired of playing the good girl, which is why she jumped at the chance to take on the role of deadly siren Ridley in the screen adaptation of the best-selling young adult novel Beautiful Creatures. Being bad, she insists, is just more fun.

The film's leads, Alden Ehrenriech and Alice Englert, said they initially passed on the film and had to be convinced to do it. How about you?
No, I was totally selfishly wanting to be in the movie because this is such a fun character. I read (the script) and then I read the first book and auditioned, got the part and was overjoyed. I love the character, she's so ballsy and fun and a different kind of villain than we're used to seeing.

With this and Shameless, you're playing some really interesting, juicy characters, different from the types of roles you started with.
Nice girl roles, mhmm. Playing the nice girl in Day After Tomorrow, Poseidon, Phantom of the Opera, those kinds of characters were coming more easily to me in terms of just getting the parts. I think that these characters for me were just more thrilling because I like to try to find the humanity and emotional understanding of characters that don't always do the right thing. I think that grey area is more fun to explore, it's more close to real life. What I like to do in characters is play against what you think that stereotype of that person would be.

You think about this girl (in Beautiful Creatures) who's a villain, who's happy to watch men get run over by trains walking toward her, you think of somebody who's quite malicious. But if you play it with a sense of fun and happiness, all of a sudden it becomes, "Oh, that's an interesting choice."

Congratulations on the season four renewal for Shameless.
Thank you. I'm excited to see where the character could go. The rest of this season has me working in different jobs until I seem to kind of find a steadier job as a telemarketer for a company called Universal Cup that makes disposable beverage cups. And I have a very cute, interesting boss, which can prove to be a problem.

You have a new album out, Sentimental Journey, with songs from the mid-20th century.
It's an ongoing struggle and negotiation with my own brain, trying to figure out what project gets what amount of time. But I really wanted to make this record, which is why I did it with my own money and then partnered with Warners to release it. ... This is all the music that I grew up with, so there were obvious ones that I wanted to put on, like Frank Sinatra's Summer Wind and Apple Blossom Time.

Exclusively online

Go online to hear Jeremy Irons — who also stars in Beautiful Creatures — have a go at giving GPS directions at metronews.ca

NEED A RIDE?
Read metrodrive every Wednesday.

SCENE

The four-year-old that makes more than you

Angelina Jolie and Brad Pitt

Vivienne Jolie-Pitt, the four-year-old daughter of Angelina Jolie and Brad Pitt, is already earning some impressive cash. The toddler was reportedly paid $3,000 a week for a small role in her mom's upcoming film, Maleficent, according to contracts obtained by TMZ. The tot — whose twin brother, Knox, doesn't appear in the film — also received a per diem $60 for expenses each day she was on set. Older siblings Pax, 9, and Zahara, 8, also filmed cameos in the film, though it's unknown how much they earned.

Twitter

@msleamichele
Meetings, meetings, and moooooore meetings today!

@rosemcgowan
Just chipped my front tooth on a Charm pop. Oh, the irony. I look like I should be drinking moonshine.

@GarryShandling
I know how the Pope feels. It's exhausting.

@SteveMartinToGo
BREAKING NEWS: Donald Trump takes flattering photo.

Taylor Swift ALL PHOTOS GETTY IMAGES

Don't believe the rumours, Swift isn't chasing boys

Taylor Swift knows there are people out there talking about her love life, but she's doing her best to ignore it. "I'm sure if I looked up the latest Google alerts rumour it would say I'm chasing somebody who doesn't like me as much as I like him. People love that angle on me," Swift tells Elle magazine. "They're like, 'Oh Taylor, coming on too strong again, chasing boys.' I never chase boys. They don't like it!" And while her recent dig at ex Harry Styles at the Grammys might suggest otherwise, Swift insists she's not one to vent her anger. "I don't think I've ever yelled at an ex-boyfriend," she says. "Ever. I'm not a yeller. I'm not a fit-thrower. If something is done, it's done."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Meet Eau de Pizza Hut

Let's cut to the chase on this item: Pizza Hut has launched a promotional perfume called Eau de Pizza Hut.

The chain is giving away 24 bottles of the stuff. To get your own, send tweets to @PizzaHut with the hashtag "LastMinuteLovers." Each package also includes a $20 Pizza Hut gift card for Big Pizza Sliders or Lovers Pizza.

"The cologne has a slightly sweet base scent of freshly rising dough, but finishes decidedly savoury with hints of Italian spice like oregano, vine-ripened tomato sauce, the crispness of fresh-sliced vegetables and all wrapped by wafts of cheesy goodness," Ashlee Firsten of Aromachology, a custom perfumery in New York said in a press release.

"It's really a quite complex combination of aromas that results in the hunger-inducing smell of a fresh Pizza Hut pizza."

It also helps if the sniffer is drunk.

There may have been a time when Puerto Rico was a cheap getaway but those days are long gone. Puerto Rico is heavily dependent on imported goods and fuel and that's reflected in prices from a taxi ride from the airport to the mojito at your hotel. But there are, of course, some cheap options. There are also things to do that don't cost anything at all. Here are five of them.

THE ASSOCIATED PRESS

5 Free things to do in Puerto Rico

ALL PHOTOS EXCEPT WHERE NOTED: THE ASSOCIATED PRESS

Beaches

There are plenty of beaches here — about 300 according to some estimates. In the capital, Isla Verde Beach is good for swimming and lolling on soft sand, groomed daily. Playita del Condado is a protected cove that is ideal for young kids and a surprisingly good place to snorkel for being in the middle of San Juan. Things get much better outside the capital. Crash Boat, about an hour west of San Juan, is great for swimming and snorkelling. Farther west in the west coast town of Rincon is Maria's, which has great surf.

El Yunque

About a half-hour drive from San Juan, thanks to a relatively new toll road, is an actual tropical rainforest, the only one that is part of the U.S. forest system. El Yunque National Forest is a cool oasis on a hot day. The well-maintained trails are often shrouded in misty clouds and you can cool off in a waterfall or a river pool along the relatively easy Big Tree Trail.

ANAIVETTE64/FLICKR

El Morro

There's an entrance fee to enter the Castillo San Felipe del Morro, but the best way to enjoy this U.S. National Historic Site requires no money at all. The fort that towers over San Juan Bay, known universally as just "El Morro," is a great place to stroll, especially at sunset. The massive rolling expanse of grass at the foot of the fort has spectacular views in any direction. It's a popular place to picnic and fly a kite, sold by nearby street vendors.

Old San Juan

At the foot of El Morro is the old city, the colonial heart of San Juan. In recent years, Old San Juan has been on an upswing. Its cobblestone streets are cleaner and livelier. New stores, restaurants and coffee shops have opened and many of the old homes have been restored. It's a working city, home to the governor's office and mansion — said to be the oldest in the western hemisphere — as well as other government offices and an increasing number of professional firms. It's also become an increasingly busy cruise ship port. Outlet and luxury goods shops have proliferated in response.

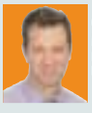
Music and Salsa

A good place to catch free live music several nights a week is the Plaza Mercado, a fruit and vegetable market in Santurce, a neighbourhood that is also home to what are considered some of the best restaurants in Puerto Rico. The lobby of the El San Juan in Isla Verde usually has live music and dancing on weekends. The bar of course isn't free but there's no charge to get in. The dancers can be intimidatingly good so the less-skilled may be content just to watch the scene. A number of restaurants and hotels also regularly advertise free salsa lessons.

CAMERA ON AUTOPILOT/FLICKR

Travel tips

Winter dreaming? Go west...



ON THE MOVE
Loren Christie
life@metronews.ca

British Columbia is heaven for winter sports enthusiasts. Here are a few ski destinations worth experiencing.

Kicking Horse Mountain Resort is situated in Golden along B.C.'s Powder Highway, a route linking together eight mountain resorts. With its four Alpine Bowls and the fourth highest vertical drop in Canada, Kicking Horse has a reputation as the place for "hard core skiers."

With no village and a handful of slope side services, this resort is indeed for people whose primary interest is hitting the slopes. However, the mountain boasts runs suited to all levels.

From your bar stool in the Eagle's Eye Restaurant at the summit, enjoy an incredible view of five of the National Parks surrounding the resort.

Cat skiing at the Island Lake Mountain Resort outside of Fernie is the epitome of backcountry luxury. Your day starts with avalanche survival training and then you are off with a packed lunch as you search for untouched alpine bowls and gorgeous glades via a Caterpillar.

A one-hour drive from Kelowna International Airport, Silver Star Mountain Resort is designed for Alpine and Nordic skiers, snow-shoers and snowmobilers to share. The My1Pass includes lift tickets and unlimited access to all Nordic trails, snowshoe trails, the Tube Town Adventure Park and ice skating at Brewer's Pond.

Falling in love with Marrakech

City of romance?
Moroccan destination's beauty and old-world charm make it the perfect place for a lover's escape

AURÉLIE RESCH
life@metronews.ca

Immerse yourself in the Moroccan way of life in Marrakech. SCOTT PRESLY/FLICKR

Marrakech — bustling hub of Moroccan tourism.

Not your idea of the perfect romantic destination?

The Riad Flam might change your perception.

Nestled in the very heart of the medina, Riad Flam boasts luxury and elegance behind its walls.

With only nine beautifully decorated bedrooms embracing a lovely patio with a fountain, this is the place to experience intimacy in a refined environment.

Dim lights, marble floor, four-poster bed and wooden furniture are your first step to your thousand-and-one nights romantic getaway.

The silence of the place will pleasantly surprise you as you return from shopping in the souks or markets. Slowly the mix of sounds you brought back from the Jemâa-El-Fna Plaza will dissolve in the faint murmur of the patio fountain. Any fatigue from your exploration of historic Marrakech will melt away while you unwind in your private hammam, or Turkish bath. Flam, the Riad's female owner, will perform the traditional hammam treatment that will leave you relaxed, rejuvenated and ready to taste local delicacies.

The choice is yours: eating on the terrace under a sky bright with stars or in the oriental-style living room. Local cuisine includes lamb tajines, vegetarian couscous, Moroccan salads, cinnamon and spices, dates and oranges.

Ready to embrace the day as the sun rises? Opt for a hot air balloon adventure before dawn and admire sunrise on the desert.

Ask Abdelai at the front desk to make arrangements with Maroc Montgolfière for this amazing three-hour experience.

If living the Arabic way of life is what you are looking for, get lost in the maze of souks and make your way back to Jemâa-El-Fna Plaza for sunset. From the rooftop of Café Glacier you will enjoy an unparalleled view of the famous Plaza and the city as the amber light colours the red facades of the houses.

As the day turns into night, the call for prayer will resonate in the entire city and the Jemâa-El-Fna Plaza will come to life with snake charmers, salesmen, acrobats and jugglers.

It won't be long until you surrender to the flurry of activity.

Back to your Riad nest, gazing at the stars, you will engrave the moment in your memory forever, happy you chose enchanting Morocco for your Valentine's Day.

If you go...

- **Getting there.** Daily flights depart from Paris or Marseille.
- **Stay.** Riad Flam riadflam.com.

It's the perfect time for date night, wouldn't you agree?

Perfect with a glass of wine and a wedge of your favourite cheese, these crackers containing Medjool dates are a great savoury treat with a hint of sweetness.

Medjool dates, which have been called the "king of dates," are semi-soft and exceptionally large. They're carried year-round by major and mid-sized grocery chains across Canada.

1. Heat oven to 160 C (325 F). Line a baking sheet with parchment paper.

2. In a food processor, pulse pistachios until finely chopped. Add 125 ml (1/2 cup) of the flour and dates. Pulse until mixture resembles fine bread crumbs. Add olives and pulse until mixed. Add remaining flour, orange zest, salt, baking powder and pepper. Pulse until well mixed.

3. In a small bowl, whisk egg and set aside 15 ml (1 tbsp) of the beaten egg for glazing. Add remaining egg and olive oil to food processor. Pulse until mixture comes together.

4. Turn dough out onto lightly floured board and knead gently. Flatten into a disc and wrap in plastic wrap. Refrigerate until firm, 1 hour.

Ingredients

- 50 ml (1/4 cup) pistachios, shelled
- 250 ml (1 cup) all-purpose flour, divided
- 125 ml (1/2 cup) Medjool dates, pitted and chopped (5 to 6 dates)
- 50 ml (1/4 cup) kalamata olives, pitted and chopped
- 5 ml (1 tsp) orange zest
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) baking powder
- 0.5 ml (1/8 tsp) black pepper
- 1 egg
- 30 ml (2 tbsp) olive oil

Medjool Date, Nut and Olive Crackers

This recipe makes about 12 crackers. THE CANADIAN PRESS H/O

5. Using lightly floured rolling pin, roll dough 5 mm (1/4 inch) thick. Cut into 6-cm (2 1/2-inch) rounds. Place on a prepared baking sheet. Brush tops with remaining beaten egg. Bake in centre of oven until golden brown, 22 mins.

6. Let cool on a rack. Store in an airtight container up to 3 days. THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES

Drink of the Week

Amore Martini

There's just something seductive about a martini. Show your guests and sweethearts alike that you love them with this Amore Martini.

The sweetness of the passion fruit and the sour twist of lemon will ensure an ideal balance of flavour.

- 2 oz Campari
- 1 oz SKYY Vodka
- 0.5 oz Passion fruit liqueur
- Dash of fresh lemon juice

Mix Campari, SKYY Vodka, passion fruit liqueur and dash of fresh lemon juice in a shaker filled with ice.

Shake and serve in a cocktail glass.

RECIPE AND PHOTO COURTESY OF SKYY VODKA

Dessert. Vanilla Date Balls

These little bites of decadence are the perfect balance of sweetness. Make them ahead and keep them in the refrigerator for tasty treats to serve after dinner to guests and family members.

1. Line a baking sheet with parchment or wax paper and set aside.

2. In a small saucepan, combine dates, orange juice, butter and brown sugar. Bring to a simmer over medium heat and cook, stirring, for about 12 minutes or until very soft and thickened. Stir in vanilla; set aside to cool completely.

3. Stir in cookie crumbs and coconut until well combined. Place sugar on a plate or in a shallow bowl. Using rounded 5-ml (1-tsp) measuring spoon, scoop out mixture and roll into ball. Roll ball in sugar until completely coated and place on prepared baking sheet. Repeat with remaining mixture.

4. Place in refrigerator for at least 2 hours or until set and firm. Package in single layers in airtight container or cookie tins and keep refrigerated for up to 3 weeks. THE CANADIAN PRESS/NATURAL DELIGHTS MEDJOOL DATES

Ingredients

- 250 ml (1 cup) Medjool dates, pitted and chopped
- 125 ml (1/2 cup) orange juice
- 50 ml (1/4 cup) butter
- 50 ml (1/4 cup) packed brown sugar
- 15 ml (1 tbsp) pure vanilla extract
- 375 ml (1 1/2 cups) chocolate cookie crumbs
- 125 ml (1/2 cup) sweetened flaked coconut
- 150 ml (2/3 cup) granulated sugar, for rolling

Tantalize guests with sweet ravioli filled with date compote

1. Compote: In saucepan, combine wine, sugar and honey and simmer over medium heat until sugar dissolves. Add cinnamon stick and dates, reduce heat to low and cook 30 mins., stirring occasionally. Let cool and remove cinnamon. Strain excess liquid and transfer to food processor and process for 10 seconds to fine consistency.

2. Pastry: In food processor fitted with metal blade, whirl flour with salt, few seconds until blended. Add cold butter and process until mix has texture of coarse crumbs. Add ice water and pulse few more times. Turn mix into a bowl and bring together with hands. It should leave bowl clean. Wrap in plastic and chill 30 minutes.

3. Heat oven to 200 C (400 F). Line baking sheet with parchment paper. Divide dough into 2 pieces, one slightly larger. Turn out onto lightly floured surface and lightly flour rolling pin. Roll out smaller piece into a 30-by-25-cm (12-by-10-inch) rectangle. Brush with some egg.

4. Starting 2.5 cm (1 inch) from a corner, place 5 ml (1 tsp) of compote every 5 cm (2 inches). Roll out larger piece into a 33-by-28-cm (13-by-11-inch) rectangle. Carefully place larger sheet over bottom sheet and compote. Gently press pastry to seal pockets around each dollop of compote.

5. Using sharp knife, cut pastry into 5-cm (2-inch) squares and seal edges with a fork. Make small cut in top of each ravioli and brush each with egg.

6. Bake 20 minutes or until golden brown. Let cool on rack and dust with powdered sugar. Serve warm.

THE CANADIAN PRESS

Ingredients

Medjool Date Compote
- 250 ml (1 cup) red wine (a bold and fruity wine is best)
- 50 ml (1/4 cup) sugar
- 30 ml (2 tbsp) honey
- 1 stick cinnamon
- 10 to 12 Medjool dates, pitted and quartered

Pastry
- 400 ml (1 2/3 cups) all-purpose flour
- Pinch salt
- 175 ml (3/4 cup) cold, unsalted butter, cut into chunks
- Ice water
- 1 egg, beaten
- Powdered sugar, for dusting

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Aboriginal engagement. Help bridge cultural gaps with this career choice

Each day, Canadian natural resource companies contend with the challenges of maximizing growth and economic potential from land. And as the fastest growing and youngest segment of Canada's population, First Nations, Métis and Inuit people are becoming exponentially more active in making their mark, not just culturally, but in the realm of business and industry as well.

Communication and language skills are crucial to building trust and friendship with Aboriginal communities. ISTOCK

What does an Aboriginal liaison officer do?

It's expected that First Nations, Métis and Inuit communities will play increasingly relevant roles in mining and energy-related industries in the coming years. Creating and sustaining the natural partnerships that resource companies have with Aboriginal communities is the top priority of ALOs, and it's their job to ensure an environment of harmony, trust and respect for all parties involved.

Also known as community affairs managers, community liaisons or Aboriginal engagement officers, ALOs are the primary points of communication between groups. Unlike conventional spokespersons, they speak on behalf of everyone involved, with the goal of bridging cultural gaps and establishing common understanding through conflict resolution. Government organizations also sometimes hire ALOs.

What qualities does an ALO need to have?

As an ALO, you should have a knack for diplomacy and know how to diffuse tense situations without losing sight of the prize. It also helps to have a keen sense of intuition and fair play, as ALOs must often deal with highly emotional issues and should be level-headed enough to steer a heated discussion back to its relevant points.

JELEEN YU FOR TALENTEGG.CA

Why become an ALO?

When you consider that the task of sustaining harmony among multiple communities rests largely on your shoulders, it's clear that the job demands much more than just the average effort.

- ALOs find fulfilment in helping others discover how to break cultural boundaries and develop mutual respect. They interact with various personalities and learn to tackle a wide range of issues, from corporate and legal to societal and historical. Conflict is common, but you'll have the satisfaction of being part of the team that finds its resolution.

Find your footing with a little help from friends

Career centres are there to help students find their way into the workforce, the next stage in their lives. ISTOCK

Centre yourself.

Reap the rewards that come from using on-campus resources

TUEN MUN ONG
TalentEgg.ca

While many Aboriginal people reside in major cities today, there are still a significant number of First Nations, Métis and Inuit students who come from small, remote communities to attend college or university.

If they hope to successfully adjust to life in a larger city and maybe one day start their career there, it's important for these students — many of whom may be the first in their family to pursue post-secondary education — to build their networks starting from day one.

Take advantage of Aboriginal service and career centres

A number of universities have specialized career centres and services for their Aboriginal students. At the University of Regina's Aboriginal Career Centre, for instance, students can benefit from educational and career planning services, partnerships with local employers and the Aboriginal community and internship programs.

Meeting mentors

"A lot of the connections they have might be from back home and not from the urban setting. If we don't choose to go back home, what are other options?"

Shana Dion
Director at the University of Alberta's Aboriginal Student Services Centre

The University of Alberta's Aboriginal Student Services Centre (ASSC) is another example. Students have access to a range of programs and services at the ASSC: connections to Aboriginal traditions and culture, elder services, guidance, emotional support, funding for tutoring and workshops and volunteer opportunities.

"It comes down to the networking and connections," says Shana Dion, director at the ASSC. "A lot of the connections they have might be from back home and not from the urban setting. If we don't choose to go back home, what are other options?"

Know you're an asset

Many employers want new hires who come with relevant experience. While this is true, Dion says there are those who are willing to work with students who might not have that experience.

She advises Aboriginal students who are currently making the school-to-work transition to believe in themselves and know that they are of value to organizations.

"Somebody might not come with connections to so many communities, understanding protocols, knowing who elders are, knowing who community members are in certain areas where an industry might need to connect," Dion explains. "So if a student is from a certain area and chooses to work with a certain industry leader, maybe that industry leader works with that community. You have a connection already with that community. That's an asset. You know what I mean? They don't have to build that."

It's important to acknowledge that each person comes with unique past experiences, journeys, knowledge, skills and relationships which can be a benefit to any organization, says Dion.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Wrestling won't be denied in Canada: U of R coach

Olympic ouster. No matter what happens to the sport on the world stage, its strength will not waver in the country, Leo McGee says

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More than 25 years and two Olympians later, Regina wrestling coach Leo McGee was shocked to hear wrestling had been voted out of the 2020 Olympics games.

"It was absolutely a surprise in that if there was one sport that was almost sacred, it was wrestling," McGee said in reaction to the International Olympic Committee announcing it intends to cut wrestling from the Olympic program.

McGee has coached men's and women's wrestling at the University of Regina for the last 26 years, including Olympians Ali Bernard and Dean Schmeichel. For him, no matter what happens on the Olympic world stage, wrestling will remain an important sport in Canada.

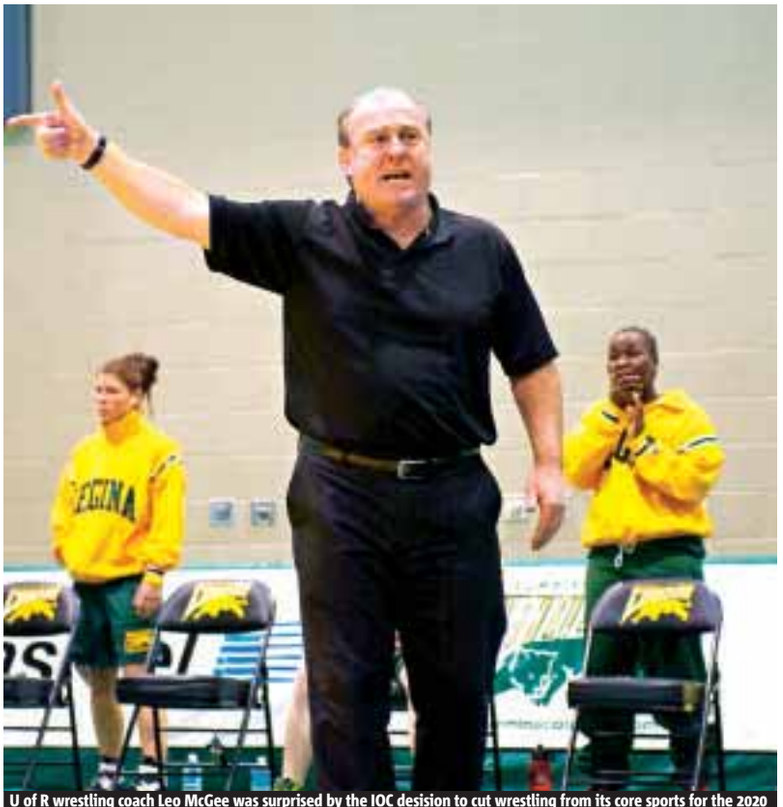
"The end of wrestling? Absolutely not. I think the sport is too strong, it's too institutionalized in the high school system across the country and the educational system," said MeGee.

Wrestling, which includes both freestyle and Greco-Roman events, has been a sport since the inaugural 1896 Olympics games in Athens. It was removed from the "core list" of summer sports after the IOC executive board voted to make room for another sport, likely to be rugby or golf.

"It's going to Russia and Russia is the heartland of wrestling and probably one of the biggest players within the IOC. I think it will be the number one on the agenda. We will be talking about this again for sure," said McGee.

There's still hope

Wrestling can still make it to the games if it beats seven other sports for a single opening spot. The IOC executive board will meet in May for sport proposals in St. Petersburg, Russia, and then again in September for the final vote in Argentina.



U of R wrestling coach Leo McGee was surprised by the IOC desision to cut wrestling from its core sports for the 2020 Olympic games, but thinks it is not the end of Olympic wresting quite yet. APOLLO BELISLE/CONTRIBUTED

Great expectations after busy off-season not fazing Jays slugger

"The sky's the limit."

Jose Bautista isn't given to mixing words or their meanings, at least not when it comes to assessing the Toronto Blue Jays and the chances for a playoff berth for the vastly retooled roster.

So when the two-time major-league home run king lends phrases like "the sky's the limit," there's a definite weight to them, even though optimism is high in virtually every major-league city at this time of year.

"I know I've been on other teams and one that didn't have a chance (to be in the playoffs), but this is different, this is the best team I've been on in my career ... I don't see where it can go wrong for us," Bautista said Tuesday when pitchers and catchers were undergoing physicals in advance of Wednesday's first official reporting date for spring training.

Bautista's enthusiasm was buoyed by the massive, off-season retooling of the Jays that brought on proven major leaguers like pitchers R.A. Dickey, Josh Johnson, and Mark Buehrle, as well as infielder Jose Reyes and outfield Melky Cabrera.

Toronto Blue Jay Jose Bautista looks on during batting practice in Dunedin, Fla., on Tuesday. RICK MADONIK/TORSTAR NEWS SERVICE

"If we do what we are all capable of then it should come together for us, it will take care of itself," Bautista said. "We should be able to go to the playoffs and hopefully the World Series."

Bautista stood two years ago in the same place at the Flora Auto Exchange Stadium in Dunedin, having just signed a five-year contract extension. That new deal signalled the beginning of a change in responsibility for Bautista, who became the Jays focal player back then, and is living up to that role now.

"When I first signed that deal I wasn't just counting on the young players to come through," said Bautista, who didn't sign the deal before gaining some measure of assurance from management regarding the club's direction.

"I was counting on Alex (GM Anthopoulos) building a contender that could compete in a sustainable way for years to come. And he (Anthopoulos) came through on his words." TORSTAR NEWS SERVICE

Quoted

"Being part of this team and contributing to what looks like a special season is very exciting to me." Jose Bautista

CFL

Eskimos sign slotback to contract extension

The Edmonton Eskimos signed all-star slotback Fred Stamps to a contract extension Tuesday.

The deal will keep Stamps under contract with Edmonton through the 2014 season.

Stamps finished second in CFL receiving last season with 70 catches for 1,310 yards and nine TDs.

The six-year veteran has surpassed the 1,000-yard receiving plateau four straight years and been named a league all-star each time. THE CANADIAN PRESS

Fred Stamps THE CANADIAN PRESS FILE

CFL

Argos acquire veteran receiver

Ricky Foley wants to return to the Toronto Argonauts, and the free agent defensive end says he offered to take a pay cut.

His future with the Grey Cup champions remains unclear, however, with the CFL free agent market set to open Friday at noon. Foley, running back Chad Kackert and defensive back Evan McCollough are all eligible.

"Obviously I want to stay with the Argos and play in my hometown, but this is a cold-hearted business and it's no longer up to me if I come back," said Foley, 30.

GM Jim Barker, dealing with a $4.35-million salary cap, signed his first big free agent on Tuesday — former Calgary receiver Romby Bryant. In five seasons, three with the Stamps and two with Winnipeg, the 33-year-old caught 210 passes for 3,025 yards and 22 touchdowns. Last season he had 55 receptions for 678 yards and two scores. TORSTAR NEWS SERVICE

4 SPORTS

DRIVE 5

With accessories approved, Lucerne won't let you down

Second Gear.
2006-2010
Buick Lucerne

JUSTIN PRITCHARD
Drive@metronews.ca

From 2006 to 2010, the Lucerne topped Buick's model range as an attainable luxury sedan with a whisper-quiet ride, front-wheel drive confidence and available V8 power. In the used market, Lucerne is a cost-effective way to access a taste of the motoring high-life — American style.

Feature content includes leather seating, OnStar, automatic lights, automatic climate control and plenty more. Expect plenty of room for four or five adults and a generous trunk.

HANDOUT

Common Issues

A thorough check of all accessories is a must, and shoppers should pay extra attention to the climate control system, air conditioner, OnStar system and stereo. Listen for and identify any clunking or "popping" sounds from the suspension and steering on your test drive, which could indicate a worn-out component. The long-lived and robust 3.8 litre V6 engine had been in GM's powertrain lineup for decades, and it amounts to a solid performer.

Engine

A 3.8 litre V6 generated around 200 horsepower, while a 3.9 litre, 227-horsepwoer V6 was available. A 4.6 litre Northstar V8 engine could be specified, putting 275 or 292 horsepower on tap depending on the year.

What owners like

Ride quality, comfort, noise levels and an overall luxurious, relaxing experience are reported by most owners. Performance is considered more than adequate, especially with the V8.

What owners dislike

Somewhat hefty fuel consumption and a "soft" suspension, which limits the Lucerne's fun-to-drive factor, are among the most common complaints.

Verdict

Opt for as new a model as your budget will allow — sticking with the 3.8 litre engine where possible. A lower-mileage unit with factory warranty remaining will add further confidence.

Check the car before you buy a wreck of a car

Once you've found the car that you think is "the one," it's tempting to rush through the buying process so you can get into the driver's seat as soon as possible. But before you fully commit, there's one more important step you need to make and that's to take the car for a pre-purchase inspection (PPI).

What is a PPI?
This thorough inspection is performed by a qualified and licensed mechanic who will determine the cosmetic, mechanical and safety condition of the car.

The technician will examine the exterior of the car, the interior, under the hood and the undercarriage and they'll pinpoint any existing conditions as well as highlight potential issues that could arise in the future.

By learning more about what's happening underneath the hood, you'll either feel more confident that you're making a great investment or you'll discover that there are a few hidden conditions that could give you more leverage with price negotiations.

When you take the vehicle for a PPI, it's always a great idea to bring along the vehicle history report, purchased through companies like CarProof. The mechanic can view the report and confirm that any prior accident or damage that's occurred during the vehicle's lifetime has been properly repaired.

Where can I get one?
If you're buying a car from a dealer, many dealerships can conduct the PPI on-site. They should also be open to you taking the vehicle for an inspection by an independent mechanic. As a consumer, it's your right, and a non-binding offer to purchase and a refundable deposit are usually considered acceptable pre-conditions to an inspection.

Why PPI?

They'll pinpoint any existing conditions as well as highlight potential issues that could arise in the future

If you're getting the inspection done off-site or dealing with a private seller then you'll want to take the vehicle to a mechanic that you have a great relationship with. If you don't have a go-to service centre, you can ask friends and family for recommendations.

A pre-purchase inspection by a qualified mechanic will let you know if you're buying a great investment or a lemon. NEWS CANADA

A pre-purchase inspection is the final step to making sure the car you're considering is the right vehicle for you. By arming yourself with information from a CarProof report and a PPI, you can be confident about the history of the vehicle, as well as its current state. NEWS CANADA

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
There is tension in the air. Anything can happen at any moment. Go where your heart leads you today and don't worry about the consequences. It's OK to take a few risks. In fact, it's good for you.

Taurus
April 21 - May 21
What happens today will take you by surprise, most likely because you have been fearing the worst. Could it be you were too negative in your evaluation of the situation? Of course. But now you know better.

Gemini
May 22 - June 21
Make sure you keep an eye on what partners and loved ones and work colleagues are up to today. Above all, don't let them sign you up for anything you are not 100 per cent convinced is good for you.

Cancer
June 22 - July 23
Each sign is born with its own special talent and yours is your ability to sense what other people are feeling. Use that talent today to find out why someone you love feels under the weather then cheer them up.

Leo
July 24 - Aug. 23
You can do no wrong at the moment, but that does not mean you have permission to do what you know is very wrong indeed! Yes, you can push the envelope, a little, but don't push your luck too far.

Virgo
Aug. 24 - Sept. 23
Lay down the law and make sure everyone you have dealings with knows what is expected of them. Things have been a bit sloppy of late, so get your act together and make sure those around you do likewise.

Libra
Sept. 24 - Oct. 23
There may be some major upheavals today but the Sun in Aquarius has you covered, so you don't have to worry too much. Other people may be a bit negative though, so watch out for harmful emotions.

Scorpio
Oct. 24 - Nov. 22
If there is a social or career opportunity you would like to take advantage of then go for it — now, this very moment. The longer you sit there thinking about it, the more likely it is you'll miss out.

Sagittarius
Nov. 23 - Dec. 21
You can go anywhere. You can do anything. You are the master of your own destiny in every conceivable way. You find that hard to believe? Well, start believing it because it's absolutely true. Never doubt yourself.

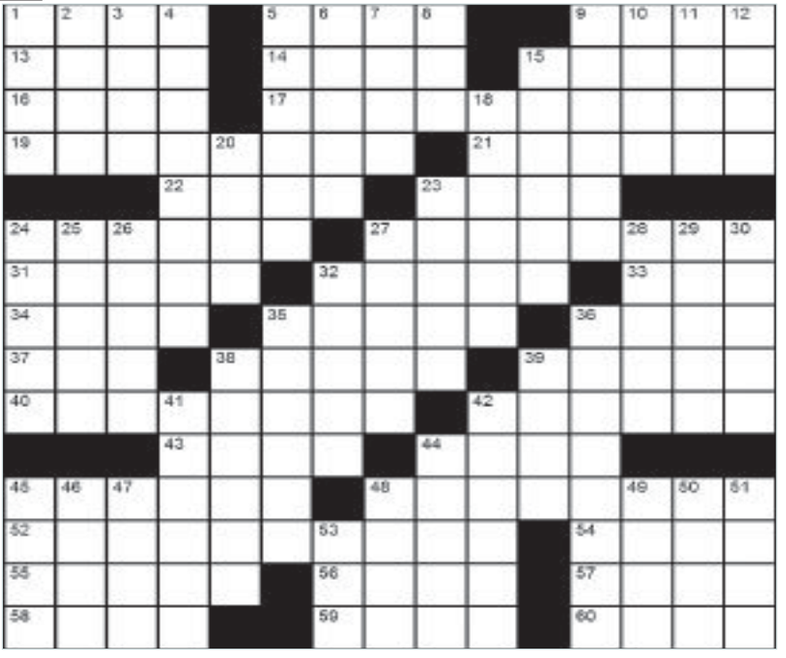
Capricorn
Dec. 22 - Jan. 20
You need to go on the offensive today. You need to make sure your rivals understand that you will not just stand there and take what they choose to give you. You're the one with the talent, so you do the choosing.

Aquarius
Jan. 21 - Feb. 19
You know instinctively when other people are lying to you, and that ability will come in handy over the next 24 hours. You don't have to let them know you are on to them though, at least not yet.

Pisces
Feb. 20 - March 20
Someone in authority seems to be asking a lot of you at the moment but there is a good reason for it, and an even better reason why you should play along. Maybe they are testing you for future promotion! SALLY BROMPTON

Crossword: Canada Across and Down

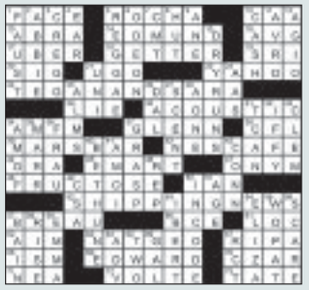
BY KELLY ANN BUCHANAN



Across
1. __ wash jeans
5. Slang for coffee
9. Comprehend
13. Memo
14. Adam and Eve's grandson
15. Spring flower
16. "_ __ Rock and Roll Music" by Peter, Paul and Mary
17. Canadian activist whose achievements include the Man In Motion World Tour: 2 wds.
19. Our national summer sport
21. Canadian filmmaker Atom
22. Pulitzer-winning writer James
23. Highbrow
24. Toronto concert venue, __ Hall
27. Canadian rap star, __ Offishall
31. Surface
32. "etalk" anchor Ms. Kim
33. Ginger __
34. Cooper car
35. Makes text thicker-looking
36. Take part
37. Ms. Ryan
38. Austin's state
39. Was angry
40. Margaret Atwood bestseller, The Blind __
42. "Beyond the Sea" singer Bobby, and others
43. Shabby __ (Interior design style)
44. Greek cheese
45. Tranquil
48. "__ Development"
52. Yes or No voting event in Quebec in 1980 and 1995
54. Positive
55. Apprehensive feeling
56. Crossword rendering of a bear's scratch-on-a-tree
57. Nile wader
58. __ Scale
59. Musical based on the work of T.S. Eliot
60. Wine holder

Down
1. Indigo dye source
2. Finale, in music
3. Suffix to 'Arthr'
4. Teen drama TV series
5. Football player's numbered top
6. Fennel-like flavour
7. Viva __ (Word-of-mouth)
8. Inquire
9. Obi-Wan __
10. Meddlesome [var. sp.]
11. Vitamins brand, __ _ Day
12. Las Vegas resorts mogul, Steve __
15. Tiered temple
18. Mr. Fonda's
20. S-shaped moulding
23. Alberta's Oil __
24. ABBA musical, __ Mia!
25. Ram's sign
26. Performs a tune
27. "Canadian Idol" Season 2 winner Mr. Porter
28. Ms. Campbell
29. 1979 Sigourney Weaver sci-fi movie
30. Loans
32. Britney Spears hit
35. Next to
36. "__ Park" (1993)
38. Vacation souvenir to wear
39. Destiny
41. Showbiz news show, "__ Hollywood"
42. Skin layer
44. Kiwi __
45. Stroller, in Britain
46. Letterman's rival
47. Kabul, __.
48. 1998 Sarah McLachlan hit
49. Marching band instrument
50. Greek goddess of discord
51. Office table
53. Ms. Kidman, to pals

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		9				5		
	1	3		4	9	2		
	7		2		5		1	
1	9		3				6	
			9	7	6			
	8				4		2	9
	6		4		7		5	
		5	8	1		6	9	
		8				1		2

Yesterday's Sudoku

9	8	1	6	4	7	3	5	2
4	2	3	8	1	5	6	7	9
6	7	5	9	2	3	1	8	4
8	3	6	2	5	4	9	1	7
1	5	9	3	7	8	4	2	6
2	4	7	1	9	6	8	3	5
5	6	8	4	3	2	7	9	1
3	9	2	7	6	1	5	4	8
7	1	4	5	8	9	2	6	3

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